

Galveston County
Cycle 4, 2015 Final Menu
October

Thursday 10/1/2015	Friday 10/2/2015
Beef Tips with Gravy Confetti Rice Sliced Carrots Cornbread Fresh Banana Milk Margarine Diet - Same	Breaded Fish Whole Kernel Corn Herbed Green Beans Hamburger Bun Fresh Fruit Milk Tartar Sauce Diet - Same

Monday 10/5/2015	Tuesday 10/6/2015	Wednesday 10/7/2015	Thursday 10/8/2015	Friday 10/9/2015
Swiss Steak Whipped Potatoes^ Squash/Zucchini/Tomatoes Wheat Bread Fresh Fruit Milk Diet - Same	Alfredo Chicken Thigh Green Peas Glazed Carrots Wheat Bread Fresh Fruit Milk Diet - Same	Beef Taco Meat Lettuce and Tomato Pinto Beans Flour Tortilla Apple Cobbler Milk Taco Sauce Diet - Hot Spiced Apples	Ham and Red Beans+ Cajun Rice Turnip Greens Cornbread Oatmeal Cream Cookie Milk Margarine Diet - Same	Beef Burgundy~ Orzo Pasta Mixed Vegetables Wheat Roll Fruited Cherry Gelatin^ Milk Diet - Fruited Gelatin^

Monday 10/12/2015	Tuesday 10/13/2015	Wednesday 10/15/2015	Thursday 10/15/2015	Friday 10/16/2015
Baked Chicken with Gravy Macaroni and Cheese Spring Vegetables Wheat Bread Fresh Fruit Milk Diet - Same	Swedish Meatballs Whipped Potatoes^ Country Tomatoes Wheat Roll Fresh Fruit Milk Diet - Same	Turkey Breast with Gravy* Mashed Spiced Yams Green Beans Dinner Roll Fruited Orange Gelatin^ Milk Diet - Fruited Gelatin^	Lemon Pepper Fish Chuckwagon Corn Broccoli and Cauliflower Wheat Bread Chocolate Cake White Frosting^ Milk Diet - Cake	Mexican Chicken Chili Yellow Rice Sliced Carrots Cornbread Fresh Orange Milk Margarine Diet - Same

Monday 10/19/2015	Tuesday 10/20/2015	Wednesday 10/21/2015	Thursday 10/22/2015	Friday 10/23/2015
Meatloaf Brown Gravy Garlic Whipped Potatoes^ Catalina Vegetables~ Wheat Bread Fresh Fruit Milk Diet - Same	Southwest Chicken Breast Parslied Rice Fiesta Vegetables Wheat Bread Fudge Cream Cookie Milk Diet - Same	Hamburger Patty Shredded Lettuce/Pickles Baked Beans Hamburger Bun Peach Cobbler Milk Mustard and Catsup Diet - Hot Spiced Peaches	Turkey Gumbo* Dirty Rice~ Medley Cabbage Cornbread Fresh Orange Milk Margarine Diet - Same	Beef with Country Gravy Herbed Green Peas Garden Vegetables Wheat Bread Fresh Fruit Milk Diet - Same

Monday 10/26/2015	Tuesday 10/27/2015	Wednesday 10/28/2015	Thursday 10/29/2015	Friday 10/30/2015
Rosemary Pork Patty+ Bowtie Pasta with Peppers Squash Medley Dinner Roll Fresh Fruit Milk Diet - Same	Beef Spaghetti Casserole Herbed Green Beans Sliced Carrots Wheat Bread Strawberry Shortcake Milk Diet - Cake	Smoked Sausage* Northern Beans Okra and Tomatoes Cornbread Fresh Fruit Milk Margarine Diet - Same	Beef with Mushroom Gravy Whipped Potatoes^ Spinach Texas Bread Fresh Banana Milk Diet - Same	Halloween King Ranch Chicken Casserole Parslied Rice Diced Beets Wheat Bread Chocolate Cake Orange Frosting^ Milk Diet - Cake

^ - Contains Sulfites
* - Turkey
+ - Pork
~ - New Menu Item

Sarah Hutsler, RD, LD
Sarah Hutsler, RD, LD #DT81463